



## CIRCLE OF SECURITY PARENTING PROGRAM®

The Circle of Security Parenting Program® provides a roadmap that helps caregivers more easily recognize and respond to the needs of their children. Essentially, the circle of security looks at the relationship between parent and child as a circle. On the top of the circle is a child's need to explore. At the bottom of the circle is the child's need to be protected. Children that form healthy attachments to their caregivers are more likely to have higher self-esteem, better relationships and perform better in school.



Please complete and return to Glastonbury Youth & Family Services by March 27, 2015. Space is limited.

Parent name: \_\_\_\_\_

Email: \_\_\_\_\_ Contact number: \_\_\_\_\_

For more information contact:

Bela dos Santos, Psy.D. at [bela.dossantos@glastonbury-ct.gov](mailto:bela.dossantos@glastonbury-ct.gov).

David F. Smith, L.C.S.W. at [david.smith@glastonbury-ct.gov](mailto:david.smith@glastonbury-ct.gov)

## An Evening of Attachment

April 1, 2015

or

April 8, 2015

6:00- 7:30 p.m.

- Did you know, you don't have to be the perfect parent—just a good enough parent?
- Learn how to better manage tantrums and emotional meltdowns
- Experience more cooperation and joy with your child.
- Better understand your child's emotions and how you can help them manage them.

## GLASTONBURY YOUTH & FAMILY SERVICES

321 Hubbard Street  
P.O. Box 6523

860-652- 7661